



Protect yourself from the sun:

- ★ Apply a broad spectrum sunscreen rated for ultraviolet A and B (UVA and UVB) with a protection factor of at least 15.
- ★ Reapply sunscreen every 2 hours when outdoors, even on cloudy days.
- ★ Wear protective, tightly woven clothing, such as a long sleeved shirt & pants. Dark colors give more protection.
- ★ Wear a wide-brimmed hat and sunglasses (UV ray protected) when outdoors. Stay in the shade whenever possible.
- ★ Avoid reflective surfaces, which can reflect up to 85% of the sun's damaging rays.
- ★ Protect children. Minimize sun exposure and apply sunscreen to children aged 6 months & older.
- ★ No shadow...seek the shade! If your shadow is shorter than you are, you're likely to sunburn.
- ★ Avoid tanning beds.

The sun's rays are strongest between 10 a.m. & 4 p.m.